

# Deer Oaks EAP Services



## Employee Assistance Program

The Employee Assistance Program (EAP) offered by your employer provides you and your family with free and confidential assessments, referrals, and counseling.

Deer Oaks EAP Services is available at any time and can help with work related concerns, personal problems, and other issues affecting your well-being.

### Deer Oaks can help with:

- ✓ Stress at home or in the workplace
- ✓ Coping with the impact of a tragedy
- ✓ Managing a healthy weight
- ✓ Problems with co-workers or supervisors
- ✓ Adjusting to adoption
- ✓ Resolving marital/relationship problems
- ✓ Struggling with personal finances
- ✓ Balancing work and family
- ✓ Having trouble with legal issues
- ✓ Overcoming conflict
- ✓ Resolving family problems
- ✓ Coping with loss and grief
- ✓ Living with depression or anxiety
- ✓ Quitting smoking
- ✓ Alcoholism or substance abuse
- ✓ Dealing with aging parents
- ✓ Struggling with parenting concerns
- ✓ Suffering from domestic violence
- ✓ Controlling your anger & emotions
- ✓ Having life changes or transition
- ✓ Issues with your health & illnesses
- ✓ And any other issues you might have

## Help is just one phone call away...

Local Phone Number:  
(210) 615-8880

Toll-Free Number:  
1-800-396-2467



E-Mail:  
[eap@deeroaks.com](mailto:eap@deeroaks.com)

Website:  
[www.deeroaks.com](http://www.deeroaks.com)